



**Livongo by Teladoc
Health**

Sep 20, 2024 ·

Social connections may actually help your health. Get fun ideas to practice socializing in meaningful ways. Start the challenge.

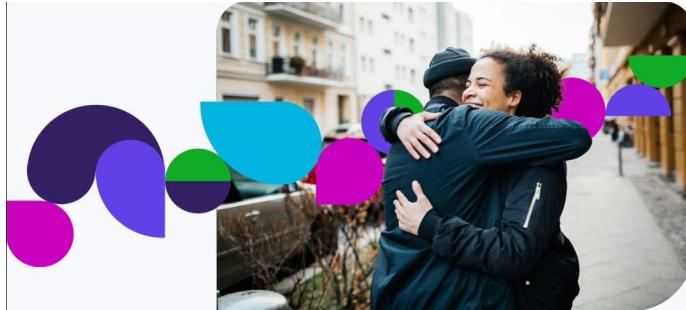
Challenge link here:

<https://brnw.ch/21wMXgu>

Source:

<https://brnw.ch/21wMXgr>

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September

30-Day Social Wellness Challenge

How's your "we time"? Find out why it matters.